



alzheimer's  association®

Caring for or Concerned About a Loved One with Memory Loss?

6th Annual African American Caregivers Forum *Living Our Legacy: Caring for Our Loved Ones, Caring for Ourselves*

Saturday, October 22, 2011 | 8:30am to 1:30pm
Doubletree Guest Suites-Southcenter
16500 Southcenter Parkway

Dr. Jeannine Skinner, geriatric neuropsychology fellow in the Department of Psychiatry and Behavioral Sciences at the University of Washington School of Medicine, will discuss current research that examines the role of insulin and memory loss disorders, and her current research, the **HEART** (**H**Health, **E**ducation, **A**erobic and **R**esistance **T**raining) study. The study will examine how healthy aging education and different types of physical activity affect memory and other thinking abilities in African Americans at risk for diabetes.



Jeannine Skinner, PhD,
Geriatric Neuropsychology fellow
and this year's Keynote Speaker

Forum Highlights

In addition to **Dr. Skinner's** presentation, the forum will include:

Naturopath **Dr. Karen M. Hurley** will share current information about nutrition, countering obesity, and prevention and management of chronic conditions.

Cynthia Andrews, Director of the Central Area Senior Center will discuss activities, socialization and healthy aging

George Dicks, Geriatric Mental Health Specialist, will address coping with caregiver depression

The forum and luncheon are free to Family Caregivers!

To register on-line go to www.alzwa.org, then click on **6th Annual African American Caregivers Forum** under **COMMUNITY HIGHLIGHTS** or call the Registration Line at **206.529.3894**

Registration fee for Human Services and Healthcare Professionals: \$50 (a limited number of scholarships are available).

Alzheimer's Association | North Tower, 100 W. Harrison St, N 200, Seattle 98119
www.alzwa.org | 206.363.5500 | 24-Hour Helpline: 1.800.272.3900